



Immunity Boosting Organic Winter Broth

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WELLNESS ADVICE NOW

Although the inflammatory response is an essential part of fighting an infection, it also causes the symptoms you get when you're fighting a cold or the flu. So, while you don't want to suppress the response, dampening an overactive response can be a good thing, and studies have shown that chicken soup just may be able to help you do just that!

One *in vitro* (test tube) study analyzed the effect of chicken soup in modulating the body's inflammatory response. The study found that chicken soup significantly inhibited neutrophil migration (white blood cell movement). This could be how chicken soup reduces symptomatic upper respiratory tract infections and associated symptoms.¹

Chicken soup contains vitamins A and C, magnesium, phosphorus, gelatin and antioxidants, which are known to build a robust immune system and fight off viruses. The protein from chicken provides amino acids such as tryptophan, used to make antibodies to fight infection. The carbohydrates in noodles or rice, or potatoes provide easy-to-digest energy that keeps you feeling satisfied.

And since chicken soup is primarily liquid, it prevents dehydration, especially if you are sweating from a fever—although you still need to drink other fluids. The sodium and potassium in chicken soup can help maintain your electrolyte balance, especially when sweating and fighting a fever.

Anything that has been cooked for long periods is effortless to digest. When you are unwell and fighting infection and fever, the body uses a lot of energy to get you through it. Vitality is drawn away from the digestive system to conserve energy, meaning you probably won't feel hungry. You will have little to no taste sensation for this reason. The body doesn't want you to take in large amounts of food that will pose an extra challenge while it's already hard at work. Consuming foods that are nourishing yet easy to digest at this time is an ideal way to gently build up your body's nutritional resources. It also warms you from within when your body is struggling to regulate its basal temperature.

Here is a "set and forget" recipe that's soup-er easy to make in the slow cooker. Just throw everything in in the morning and enjoy a warm, nourishing broth by dinner. Keep the strained liquid in the warmer the next day and enjoy multiple cups of seasoned broth. Otherwise, serve as a main meal with shredded chicken meat, rice noodles and asian greens.

NOTE: When making bone broth or slow cooked foods with whole bones, be sure to only use ORGANIC meats. Bone naturally accumulates toxins and heavy metals in an animals growth which will get released



during cooking. Buy organic where possible.

References:

1. Rennard B, Ertl R, Gossman G, et al. Chicken soup inhibits neutrophil chemotaxis in vitro. *Chest* 2000;118(4):1150-1157



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8 SERVINGS 12 HOURS



INGREDIENTS

1.2 kilograms Whole Organic Free Range Chicken
2 Carrot (peeled and chopped)
2 Yellow Onion (diced)
4 stalks Celery (chopped)
6 Garlic (cloves, halved)
2 tbsps Apple Cider Vinegar
2 tsps Sea Salt
2 cups Parsley (chopped)
12 cups Water

NUTRITION

AMOUNT PER SERVING

Calories	30	Calcium	101mg
Fat	23g	Iron	3mg
Carbs	7g	Vitamin D	0IU
Fiber	2g	Vitamin E	0mg
Sugar	3g	Vitamin B6	0.1mg
Protein	29g	Folate	33µg
Cholesterol	114mg	Vitamin B12	0µg
Sodium	740mg	Magnesium	19mg
Vitamin A	3918IU	Zinc	0mg
Vitamin C	22mg	Selenium	0µg

DIRECTIONS

- 01 Place the whole chicken in the slow cooker. Add all remaining ingredients. Set slow cooker to low and let cook for at least 12 hours.
- 02 After 12 hours, strain the broth through a strainer or mesh sack. Pull out the chicken and bones. Discard the vegetables that you strained out. Allow broth to cool. Once cool, remove the layer of fat that forms on the top and discard or save it for future cooking. Freeze broth until ready to use.
- 03 Pull the chicken meat from the bones, store separately and use it as a sandwich or wrap filler. Otherwise, add to bone broth as a soup base and add baby spinach or kale leaves or chinese broccoli or bok choy along with cooked rice noodles.

NOTES

LEFTOVERS

Refrigerate in an airtight container for up to four days. Freeze for up to three months.

SERVING SIZE

One serving is approximately 1 to 1 1/2 cups.

LOW FODMAP

Omit garlic and onions.

